



# WRESTLING TRAINING

Irish Amateur Wrestling Association  
Sunday 30<sup>th</sup> July 2023



**ON THE MAT!**  
Published 01/07/2023

We are holding a Freestyle Wrestling Training Day. This event is for all wrestlers of all levels and clubs, ages and diversities that have an ambition to wrestle for fun or to continue at a National and International level.

All wrestlers are invited to come along. Wrestlers will be coached by experienced high level wrestling coaches.

Wrestlers must be open to improvement and demonstrate the ability to improve from training and the support from the IAWA.

This training session concentrated on wrestling techniques and live sparring.

## The event is free to all IAWA Members

**Date :** Sunday 30<sup>th</sup> July 2023

**VENUE :** Naas Enterprise Park, Ladytown, Naas, Co Kildare, Eircode - W91T1W8

### Who is eligible to attend?

The seminar is **FREE** to all IAWA members.

Membership is available on [www.irishwrestling.ie](http://www.irishwrestling.ie) at only €10

**Training starts @ 10:30 sharp for AGES - Under 18 years (1hr approx)**

**Training for Adults and 18+ starts @ 12:00 - 14:00 (16+ years can stay on with permission)**

Registration is essential before 22:00hr Friday 28<sup>th</sup> July

Link is below

[Click HERE To Register](#)

### Wrestling and training attire for the day -

Wrestling boots are preferred but not essential.

Normal training clothing is fine, if you have a wrestling singlet for sparring matches, please bring it, but it is not essential. No outdoor shoes on the mat.

Everyone attending the session on the day must pre-register before the cut-off time.

Numbers are restricted, early registration is essential.

We look forward to seeing you on the day.

For further information or inquiries email [irishwrestling@outlook.ie](mailto:irishwrestling@outlook.ie)

### **I.A.W.A. Team**

The IAWA is committed to the observance of all Anti-Doping procedures and will see to the observance and implementation of all Rules and Regulations as laid down by United World Wrestling, WADA, Sport Ireland, and the Olympic Federation of Ireland. The IAWA will appoint an Anti-Doping Office to co-operate in every possible way to give effect to this commitment. In accordance with the powers vested in the Board of the IAWA by its Constitution, the IAWA will enact Rules to give effect to and compliance with the National Sports Anti-Doping Program. By way of evidence of its earnest in this regard, the IAWA affirms its adoption (with such modifications as are deemed only to be strictly necessary). The anti-doping rules of the Irish Amateur Wrestling Association by are the Irish Anti-Doping Rules as agreed with WADA and as amended from time to time” and the Doping Regulations promulgated by United World Wrestling, the International Amateur Wrestling Federation.



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Outcomes from the day:

- **Wrestlers** - Will learn new skills and techniques from qualified coaches in a fun friendly environment.
- **Coaches** - Will improve coaching skills through a coaching clinic facilitated by IAWA and Sport Ireland Coaches.
- **Open Mat time** on Wrestling Mats for 'Live Wrestling'.
- **Opportunity for 'friendly' officiated matches** as part of IAWA return to wrestling programme in preparation for official competitions scheduled for later in the year.
- **Referees** - Attend a referee and mat officials clinic.

**Everyone attending** the session on the day must pre-register on Eventbrite before the cutoff date.

Only names registered will be allowed into the venue.

This event is for participants only.

Numbers are restricted, booking early is essential

**To register for free please click [HERE](#)**



*This link will bring you to [evenbrite.ie](https://www.eventbrite.ie) for registration.*

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